

**Mr Singh's weekly message**

Dear Parents and Carers,

It has been a lovely week at The Vale Primary Academy; children are enjoying their learning, looking extremely smart and engaged in all aspects of the curriculum!

Children have also enjoyed collectively taking part in assemblies, and we are looking to re-start our celebration assemblies, with parents, from Friday 1<sup>st</sup> October.

This week, I want to share some important news regarding our school menu and aims around ensuring we offer the absolute best to our children, not just in terms of safeguarding and education – but also with their own health and development.

Nationally, there is an increasing issue with childhood obesity and tooth decay and, as a Healthy School, we want to support parents as much as possible to make healthy choices for their children's meals.

We play an important role in promoting the health and safety of our children by helping them to establish lifelong health patterns. As a school, we encourage our children to eat a balanced diet and drink plenty of water, so they are fit and ready to learn.

Our new school menu (see reverse and can be found on our website) is freshly prepared and offers a great choice and range of nutritional meals each day. The new school menu will launch as of Monday 20<sup>th</sup> September, and we will be looking to invite parents into school, before the end of half term to sample some of our delicious and nutritious new items.

If you have any questions, please do not hesitate to get in touch.

Mr J Singh

**Pupil of the Week**

F1	Kalani / Daisy
F2	Filip
Y1	Isla D
Y2	Rosie B
Y3	Lincoln
Y4	Kayden W
Y5	Alfie B
Y6	Ayla B

**Academy Attendance**

F1: 87.9%	Y1: 95.3%	Y4: 95.9%	Total 94.8%
F2: 93.3%	Y2: 87%	Y5: 99%	
	Y3: 98.3%	Y6: 99%	

**New Lunch Menu**

# The Vale Primary Academy

# School Menu

We serve every day...

- whole fruit/fruit pots
- daily sandwich choice
- jacket potato with cheese,beans,tuna mayo

We use seasonal fresh vegetables as much as possible. All of our pasta and rice is wholewheat. All of our cakes and bakes are produced using reduced sugar or candarel alternatives.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	MEAT FREE MONDAY WHOLEMEAL PASTA WITH A TOMATO & PEPPER SAUCE. ***** FALAFEL & COUS COUS. ***** SIDE OF THE DAY VEGETABLE MEDLEY ***** JACKET POTATO ***** AUTUMN FRUIT COMPOTE TOPPED WITH A SCONE COBBLER.	GRIDDLED TURKEY ESCALOPE ***** CRISPY COATED HALLOUMI CHEESE ***** SIDE OF THE DAY ROASTED VEGETABLES. ***** JACKET POTATO ***** CHOCOLATE MOUSSE TOPPED WITH FRESH ORANGE & MANGO	ROAST GAMMON DINNER ***** VEGETABLE LASAGNA ***** SIDE OF THE DAY GLAZED CARROTS STEAMED CABBAGE & ROASTED POTATOES & CRISP SALAD ***** JACKET POTATO ***** CHOCOLATE BROWNIE (BEETROOT)	TUNA & SWEETCORN PASTA ***** ONION BHAJI WRAP WITH SWEET CHILLI SLAW. ***** SIDE OF THE DAY GREEN VEG MEDLEY ***** JACKET POTATO ***** TROPICAL FLAPJACK FINGERS	OVEN BAKED FISH FINGERS ***** QUORN HOTDOG SERVED WITH CARAMELISED ONIONS ***** SIDE OF THE DAY OVEN COOKED CHIPS GARDEN PEAS GREEN BEANS ***** JACKET POTATO ***** VERY BERRY SMOOTHIE CUP.
Week 2	MEAT FREE MONDAY SPINACH & MUSHROOM LASAGNA. ***** VEGETABLE BURGER. ***** SIDE OF THE DAY PEAS & CORN MIX. ***** JACKET POTATO ***** BLUEBERRY SPONGE SERVED WITH VANILLA SAUCE	CHICKEN KORMA ***** VEGETABLE TORTILLA BAKE. ***** SIDE OF THE DAY VEGETABLE BROWN RICE SPECIAL. ***** JACKET POTATO ***** MIXED FRUIT SORBET	ROAST CHICKEN DINNER ***** LENTIL LOAF ***** SIDE OF THE DAY CAULIFLOWER & BROCCOLI MIX MASHED POTATO AND GRAVY. ***** JACKET POTATO ***** TOFFEE APPLE PUDDING & CUSTARD	BUTCHERS PORK SAUSAGE WITH YORKSHIRE PUDDING & GRAVY ***** VEGETABLE COTTAGE PIE. TOPPED WITH SWEET POTATO MASH ***** SIDE OF THE DAY HOUSE VEGETABLE RICE, SEASONAL GREENS, CARROT STICKS ***** JACKET POTATO ***** RASPBERRY BLONDIE WITH A FRUIT COMPOTE	CHICKEN & VEGETABLE LATTICE. ***** HOMEMADE TUNA FISH CAKE ***** SIDE OF THE DAY OVEN CHIPS GARDEN PEAS STEMMED CABBAGE. ***** JACKET POTATO ***** FRESH FRUIT SALAD
Week 3	MEAT FREE MONDAY MEDITERRANEAN VEGETABLE QUICHE. ***** VEGGIE MEAT BALLS COOKED IN A RICH TOMATO SAUCE ***** SIDE OF THE DAY WHOLEMEAL SPAGHETTI CHOPPED GREEN SALAD BUTTERED CABBAGE ***** JACKET POTATO ***** BLACKBERRY AND APPLE OAT CRUMBLE WITH VANILLA CUSTARD.	HOMEMADE CRISPY CHICKEN BURGER ***** VEGETABLE STIR FRY SERVED WITH NOODLES. ***** SIDE OF THE DAY HOME COOKED PAPRIKA POTATO WEDGES MIXED SEASONAL VEGETABLES ***** JACKET POTATO ***** THE HULK (APPLE & KIWI SMOOTHIE)	ROAST BEEF & YORKSHIRE PUDDINGS. ***** HANDMADE VEGETABLE PIE. ***** SIDE OF THE DAY CARROT AND SWEDE MASH BRAISED CABBAGE & CREAMY MASHED POTATOES ***** JACKET POTATO FILLED ***** OAT & RAISEN COOKIE	50/50 CHEESE & TOMATO DEEP DISH PIZZA ***** 50/50 HAM & PINEAPPLE DEEP DISH PIZZA ***** SIDE OF THE DAY HERB ROASTED BABY POTATOES ***** JACKET POTATO ***** APPLE PIE & CUSTARD	SALMON FISH CAKE ***** STUFFED CUT AND SHUT JACKET POTATOES ***** SIDE OF THE DAY CHIPS GARDEN PEAS GREEN BEANS ***** JACKET POTATO ***** STRAWBERRY SORBET

If you would like information on which foods contain allergens please ask a member of the catering team who will be happy to help.

**THE NEW STANDARD**  
CATERING WITH HONESTY & INTEGRITY

**Key dates for your diary**

07.10.2021: Y6 SATs Parents workshop  
 12.10.2021: Y1, Y2, Y3 Maths Parents workshop  
 13.10.2021: Y4, Y5, Y6 Maths Parents workshop  
*All times for workshops to be confirmed*

**Breakfast Club**

Breakfast club is now open between 08:15-08:45.  
 Please contact the office if you wish to enquire about availability.